

# PROTECT YOUR BACK

## Lifting Tips – Power Lifting

Keeping the load as close as possible to your body is the most powerful way to reduce the workload on your back when you lift. The further you reach away from your body to pickup and carry the load, the more force you place on your back. Here some tips to reduce reaching when you lift and carry objects.

## What Is "Power" Lifting?

"Power" lifting involves bending at the hips and knees with the feet in a wide stance, slightly wider than shoulder-width apart.

- Places spine in a strong, neutral position.
- Keeps knees out of the way; worker can get closer to the load.
- Allows worker to raise and lower load vertically using stronger leg muscles rather than the weaker back muscles.
- Increases balance and power when lifting.

## Why Doesn't The Squat Lift Always Work?

- Knees get in the way of getting close to the load.
- Size of the load is limited since it has to fit between the knees.
- Standing up from a deep knee bend position extra energy.

## Power Lift Basics

- Approach the corner of the load with feet at least shoulder width apart.
- Bend your knees and lift your head and chest to place your back in a strong position.
- Use your stronger leg muscles to rise up like an elevator. Don't bend over and use your back like a crane.



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